



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01034, Cheese, port de salut

Report Date: June 22, 2017 11:08 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g	1 package (6 oz) 170g
Proximates										
Water	g	45.45	13	0.353	59.99	51.36	12.89	7.73	12.73	77.27
Energy	kcal	352	--	--	465	398	100	60	99	598
Energy	kJ	1471	--	--	1942	1662	417	250	412	2501
Protein	g	23.78	9	0.246	31.39	26.87	6.74	4.04	6.66	40.43
Total lipid (fat)	g	28.20	1	--	37.22	31.87	7.99	4.79	7.90	47.94
Ash	g	2.00	--	--	2.64	2.26	0.57	0.34	0.56	3.40
Carbohydrate, by difference	g	0.57	--	--	0.75	0.64	0.16	0.10	0.16	0.97
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.57	--	--	0.75	0.64	0.16	0.10	0.16	0.97
Minerals										
Calcium, Ca	mg	650	4	--	858	734	184	110	182	1105
Iron, Fe	mg	0.43	--	--	0.57	0.49	0.12	0.07	0.12	0.73
Magnesium, Mg	mg	24	--	--	32	27	7	4	7	41
Phosphorus, P	mg	360	4	--	475	407	102	61	101	612
Potassium, K	mg	136	--	--	180	154	39	23	38	231
Sodium, Na	mg	534	--	--	705	603	151	91	150	908
Zinc, Zn	mg	2.60	--	--	3.43	2.94	0.74	0.44	0.73	4.42
Copper, Cu	mg	0.022	--	--	0.029	0.025	0.006	0.004	0.006	0.037
Manganese, Mn	mg	0.011	--	--	0.015	0.012	0.003	0.002	0.003	0.019
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.5	4.1	24.6
Vitamins										
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.014	--	--	0.018	0.016	0.004	0.002	0.004	0.024
Riboflavin	mg	0.240	2	--	0.317	0.271	0.068	0.041	0.067	0.408
Niacin	mg	0.060	10	0.008	0.079	0.068	0.017	0.010	0.017	0.102
Pantothenic acid	mg	0.210	1	--	0.277	0.237	0.060	0.036	0.059	0.357
Vitamin B-6	mg	0.053	--	--	0.070	0.060	0.015	0.009	0.015	0.090
Folate, total	µg	18	19	1.835	24	20	5	3	5	31
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	18	19	1.835	24	20	5	3	5	31
Folate, DFE	µg	18	--	--	24	20	5	3	5	31
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.6	4.3	26.2
Vitamin B-12	µg	1.50	11	0.171	1.98	1.70	0.43	0.26	0.42	2.55
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	315	--	--	416	356	89	54	88	536
Retinol	µg	313	--	--	413	354	89	53	88	532
Carotene, beta	µg	29	--	--	38	33	8	5	8	49
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	1092	--	--	1441	1234	310	186	306	1856
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	0.32	0.27	0.07	0.04	0.07	0.41
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.7	0.6	0.1	0.1	0.1	0.8
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.7	0.6	0.1	0.1	0.1	0.8
Vitamin D	IU	21	--	--	28	24	6	4	6	36
Vitamin K (phylloquinone)	µg	2.4	--	--	3.2	2.7	0.7	0.4	0.7	4.1
Lipids										
Fatty acids, total saturated	g	16.691	--	--	22.032	18.861	4.732	2.837	4.673	28.375
4:0	g	1.027	1	--	1.356	1.161	0.291	0.175	0.288	1.746
6:0	g	0.556	1	--	0.734	0.628	0.158	0.095	0.156	0.945
8:0	g	0.336	1	--	0.444	0.380	0.095	0.057	0.094	0.571
10:0	g	0.681	1	--	0.899	0.770	0.193	0.116	0.191	1.158
12:0	g	0.768	1	--	1.014	0.868	0.218	0.131	0.215	1.306

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14:0	g	2.724	1	--	3.596	3.078	0.772	0.463	0.763	4.631
16:0	g	6.638	1	--	8.762	7.501	1.882	1.128	1.859	11.285
18:0	g	3.350	1	--	4.422	3.786	0.950	0.570	0.938	5.695
Fatty acids, total monounsaturated	g	9.338	--	--	12.326	10.552	2.647	1.587	2.615	15.875
16:1 undifferentiated	g	0.833	1	--	1.100	0.941	0.236	0.142	0.233	1.416
18:1 undifferentiated	g	8.051	1	--	10.627	9.098	2.282	1.369	2.254	13.687
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.729	--	--	0.962	0.824	0.207	0.124	0.204	1.239
18:2 undifferentiated	g	0.378	1	--	0.499	0.427	0.107	0.064	0.106	0.643
18:3 undifferentiated	g	0.351	1	--	0.463	0.397	0.100	0.060	0.098	0.597
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	123	1	--	162	139	35	21	34	209
Amino Acids										
Tryptophan	g	0.343	--	--	0.453	0.388	0.097	0.058	0.096	0.583
Threonine	g	0.876	--	--	1.156	0.990	0.248	0.149	0.245	1.489
Isoleucine	g	1.446	--	--	1.909	1.634	0.410	0.246	0.405	2.458
Leucine	g	2.482	--	--	3.276	2.805	0.704	0.422	0.695	4.219
Lysine	g	1.987	--	--	2.623	2.245	0.563	0.338	0.556	3.378
Methionine	g	0.734	--	--	0.969	0.829	0.208	0.125	0.206	1.248
Cystine	g	0.134	--	--	0.177	0.151	0.038	0.023	0.038	0.228
Phenylalanine	g	1.323	--	--	1.746	1.495	0.375	0.225	0.370	2.249
Tyrosine	g	1.420	--	--	1.874	1.605	0.403	0.241	0.398	2.414
Valine	g	1.707	--	--	2.253	1.929	0.484	0.290	0.478	2.902
Arginine	g	0.827	--	--	1.092	0.935	0.234	0.141	0.232	1.406
Histidine	g	0.686	--	--	0.906	0.775	0.194	0.117	0.192	1.166
Alanine	g	0.790	--	--	1.043	0.893	0.224	0.134	0.221	1.343
Aspartic acid	g	1.752	--	--	2.313	1.980	0.497	0.298	0.491	2.978
Glutamic acid	g	5.349	--	--	7.061	6.044	1.516	0.909	1.498	9.093

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Glycine	g	0.485	--	--	0.640	0.548	0.137	0.082	0.136	0.825
Proline	g	2.892	--	--	3.817	3.268	0.820	0.492	0.810	4.916
Serine	g	1.357	--	--	1.791	1.533	0.385	0.231	0.380	2.307
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0